

Recipes compiled and tested by Mimi Villacorta
SILVER SWAN HOME ECONOMICS CONSULTANT



A PRIMER ON CHINESE COOKERY

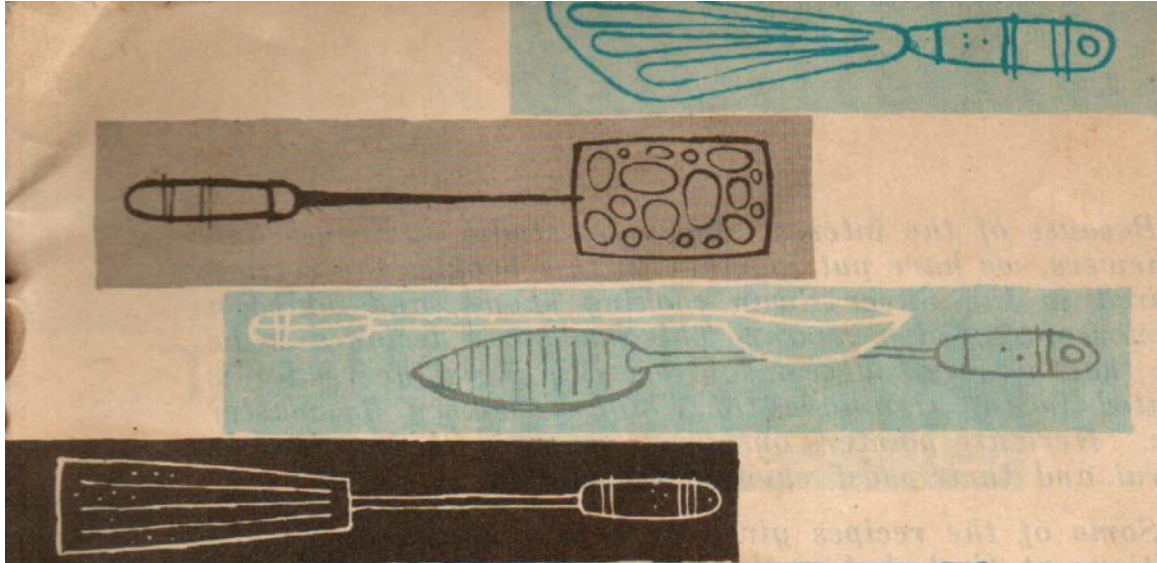


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FOREWORD

Chinese cookery is generally conceded to be one of the finest in the world and rightly held in high esteem for its subtlety and virtuosity in combining flavors, textures and colors. After dining at any one of Manila's fashionable Chinese restaurants and sampling the delicately flavored soups, the tangy sea foods, the tender fillet of chicken and slivers of meat, the steamed whole, stuffed duck soft enough to be "cut" with chopsticks, the crisp succulent greens, and the sweet and sour and pungent sauces, one is tempted to experiment at home. Chinese techniques in the kitchen remaining more or less a mystery to many, they are often unsuccessful in getting the desired results or held back completely from trying their hands.

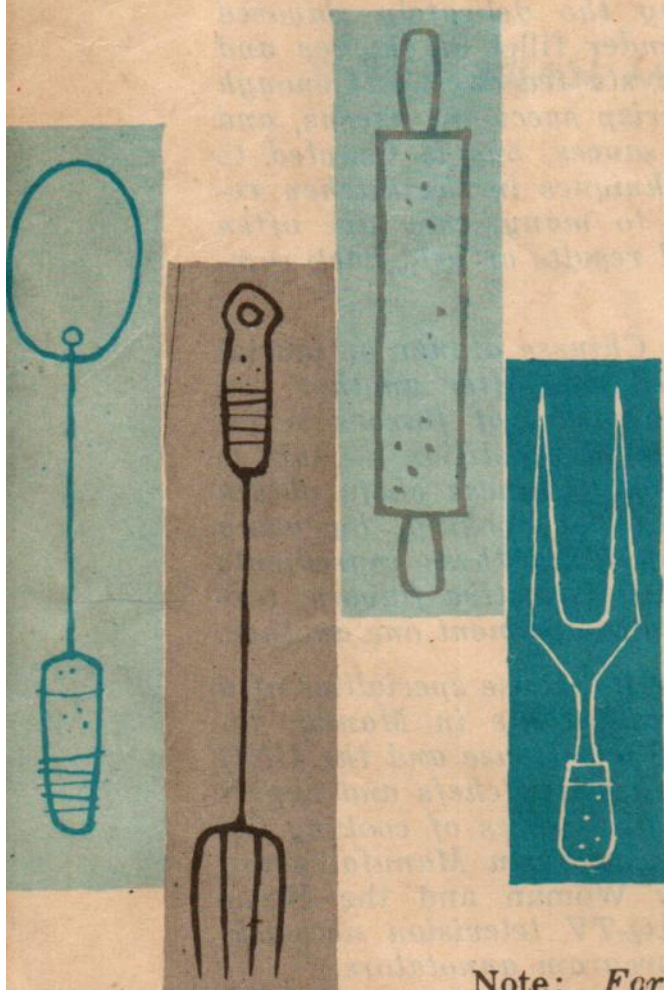
What interests one most at a Chinese dinner or lauriat is that so many courses are served, one after another, yet no exact shade of flavor or combination of flavors is repeated. To achieve variety and avoid repetition — this is final proof of one's skill as a cook. Chinese chefs obtain variety by using different methods of cooking, by using many different ingredients and by using these ingredients so that their individuality — their distinctive flavors, textures and colors — are preserved to complement one another.

We are pleased to present here the house specialties of a number of well-known Chinese restaurants in Manila, including Carvajal Restaurant, Bay View House and the UNO Club. Prepared by the restaurant's gifted chefs and expert staffs, these dishes were featured in a series of cooking demonstrations sponsored by the Silver Swan Manufacturing Company, Inc. and presented by Woman and the Home magazine last year over the DZAQ-TV television network. The undersigned was one of the program annotators.

Because of the interest shown by studio audiences and televiewers, we have put together in this booklet the recipes featured in the Silver Swan cooking shows, and added a few more for good measure. This booklet is designed to be more than a mere collection of recipes. Here the reader is initiated in the techniques of Chinese cookery by master chefs. Here are pointers on how to prepare Chinese food in general and their most cherished dishes in particular.

Some of the recipes given here may appear to be too ambitious at first, but many will be eager to try the less complicated ones and go on from there.

Mimi Villacorta
Home Economics Consultant



Note: For all recipes printed here, SILVER SWAN soy sauce may be used in place of LAURIAT.

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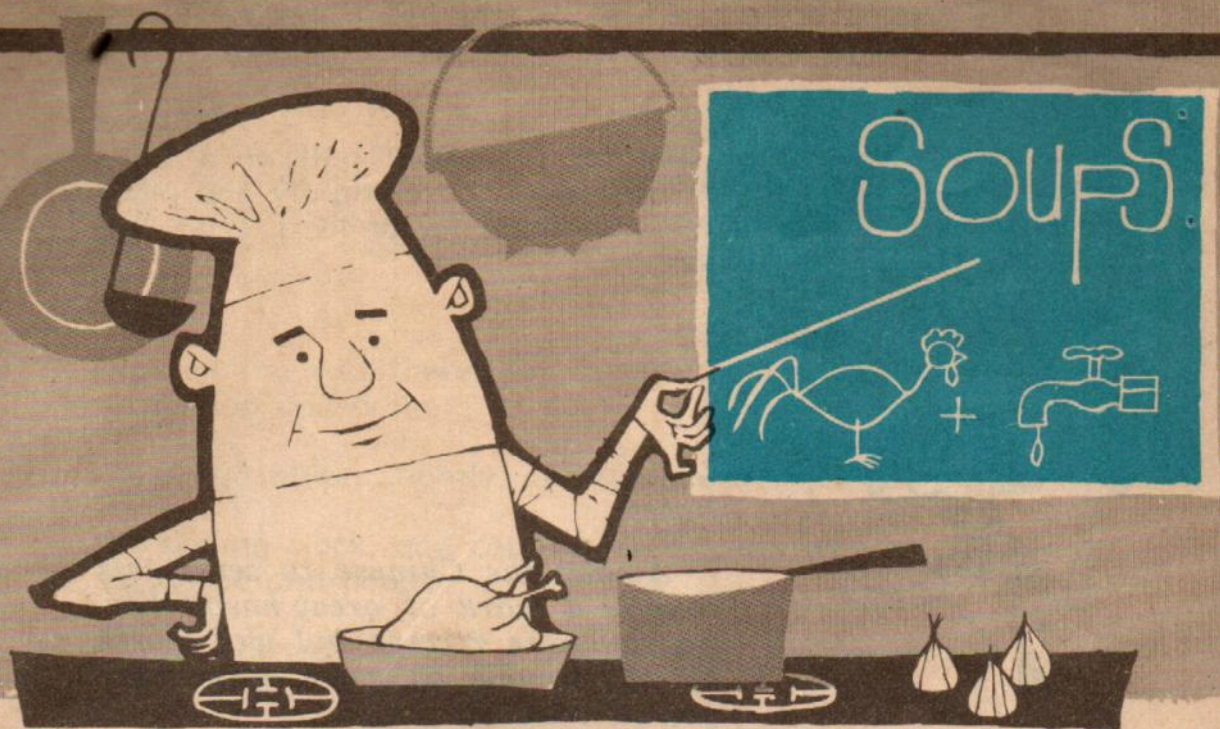
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TAKE
A
TIP*



*FOR TASTIER DISHES
ALWAYS USE

**SILVER
SWAN**
SOY SAUCE



CHICKEN STUFFED WITH BIRD'S NEST (NIDO)

- | | |
|----------------------------------|--|
| 1 spring chicken | 1/2 tsp. pepper |
| 1 cup chicken slivers | 1 tbsp. sugar |
| 1/3 cup chopped button mushrooms | 1/2 cup tiger lilies |
| 1/3 cup chopped lean Chinese ham | 1/2 cup lotus seeds, boiled and skinned |
| 1 tbsp. Lauriat soy sauce | 4 cups bird's nests (nido), cleaned and softened |
| 1 tbsp. monosodium glutamate | 1 cup chicken stock |

Clean and bone the spring chicken thus: Slit the neck lengthwise at the back and through to the first wing joints. Remove upper half of wing bones. Carefully remove the breast-bone, leaving the flesh with the skin. Break legs at joints and remove upper and lower leg bones. Remove the chicken flesh. Turn the skin and wash.

Chop and cut into slivers the meat of the chicken breast, enough to make 1 cup. Saute the chicken slivers, chopped button mushrooms and chopped lean Chinese ham.

Remove the skillet from fire, and add Lauriat soy sauce, monosodium glutamate, pepper and sugar.

Return skillet to fire, and saute the mixture for about 2 minutes more.

Add the tiger lilies, lotus seeds and bird's nests (nido). Continue cooking until the ingredients are barely done, and set aside for stuffing.

Stuff the boned chicken through the slit at the neck. Knot the neck. Immerse the stuffed chicken in boiling water for 3 minutes or so. Remove and puncture the chicken.

Place it in a large bowl or the upper half of a large double-boiler. Add the chicken stock, cover tightly and place the bowl in a pan of water and steam for at least 1 hour or until the chicken is tender.

Serves 8-12.



Notes:

Among the Chinese, to serve this soup is a mark of great hospitality. An elaborate recipe, but well worth all the trouble as you'll agree once you've tried it.

The spongy bird's nests soak up the chicken flavor, and the flavors of the other ingredients combine to make a succulent dish. Since spring chicken is used, its meat will be soft and tender after steaming, while the small quantity of stock used ensures an excellent soup.

Bird's nests have a distinctive, subtle flavor that comes from a special kind of seaweed that the swifts eat prior to building their nests. The nests are made of twigs and the edible, jelly-like portion. They are sold whole or broken. The whole nests have the better quality.

To prepare whole bird's nests, rinse repeatedly, then soak in a large bowl of cold water. In about 3 hours, the tiny feathers and down should be coming loose. Pick them out with a pair of tweezers, and put the picked nests in another bowl of cold water. Repeat several times, or until the nests are thoroughly cleaned and softened.

Tiger lilies and lotus seeds are here used for their interesting flavors and textures which blend superbly with the bird's nests' own unique qualities. Since tiger lilies are flowers, they are fragile. Handle them gently. Lotus seeds should be soaked, boiled and have their skins removed.

To prepare your own chicken stock, clean 1 large soup chicken and place it in 1 quart cold water, adding 3 slices fresh ginger and 1½ tsps. salt. Bring to boiling point and simmer very slowly for about 2 hours. Remove the chicken and ginger slices. Skim off all fat from the stock. The stock must have a light, "clean" taste that leaves mouth feeling fresh.

VELVET CHICKEN SOUP WITH CAULIFLOWER

4 egg whites
1 cup boiled white chicken
meat, slivered
4 cups chicken stock
1 cup cauliflower, washed and
cut into flowerets

2 tbsps. Chinese rice wine
2 tsps. Laurieat soy sauce
1/4 tsp. pepper
1 tbsps. cornstarch
1/2 cup chopped lean Chinese
ham

Parboil the cauliflower for 3 minutes, drench under the cold water tap and drain.

Beat egg whites slightly, and add chicken meat.

To boiling stock, add cauliflower, Chinese rice wine, Laurieat soy sauce and pepper.

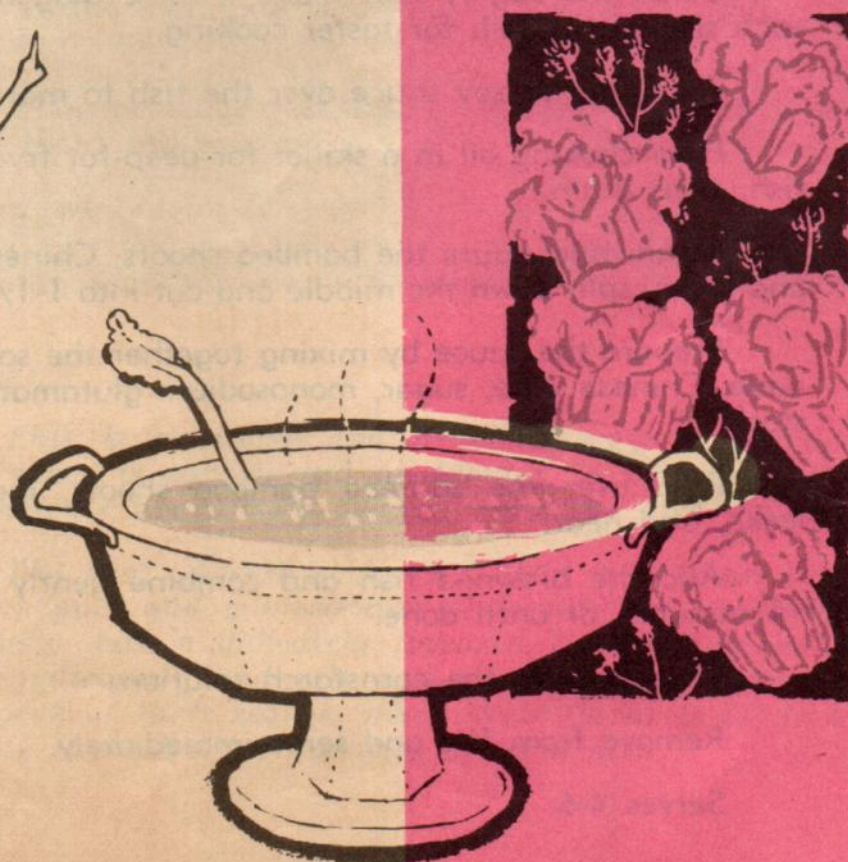
When the cauliflower is barely done, thicken the soup with the cornstarch.

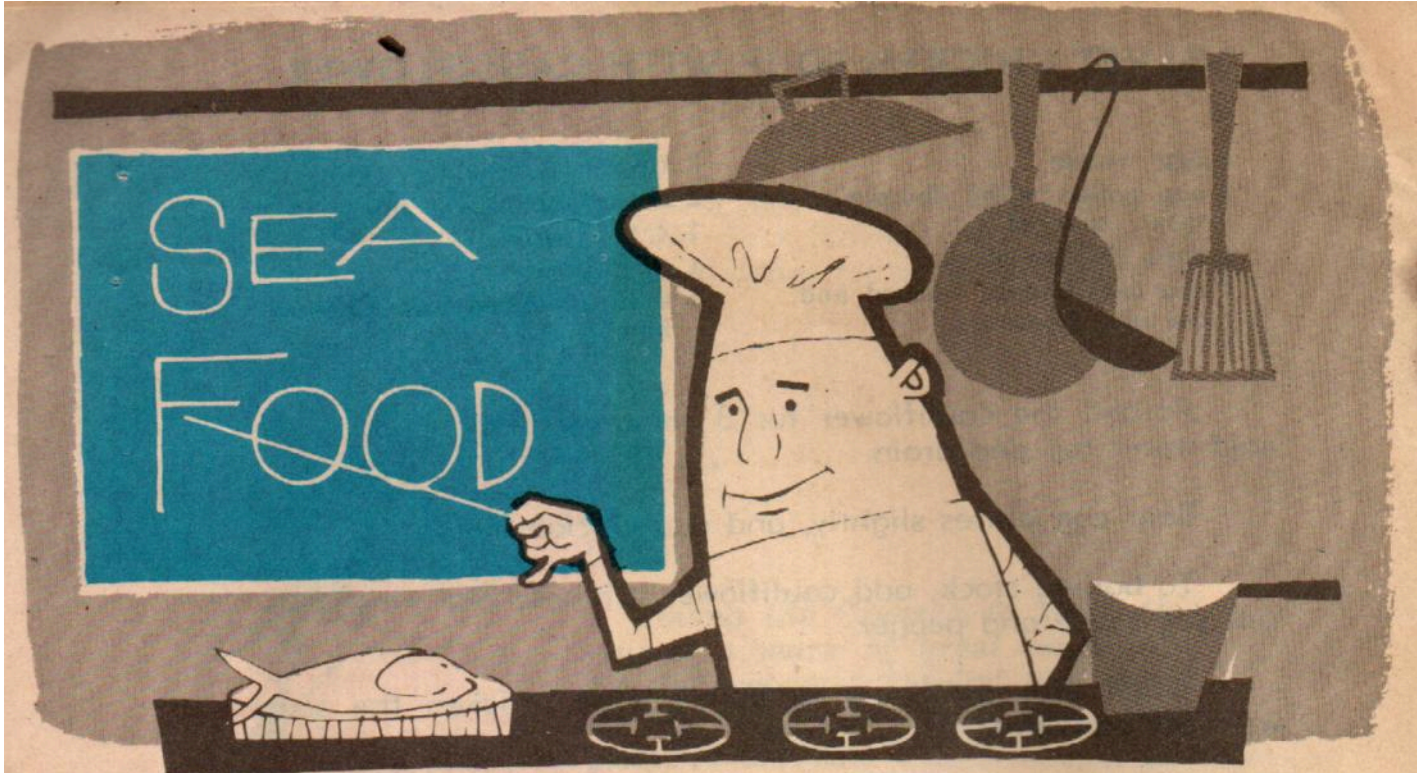
Heat for 2 or 3 minutes more and garnish with chopped Chinese ham.

Serves 8-12.

Notes:

Stop when the cauliflower is just tender enough to bite into. Don't cook it until it is completely soft.





BRAISED LAPU-LAPU IN PUNGENT SAUCE

- | | |
|--|---------------------------------------|
| 1 medium-sized lapu-lapu | 2 tbsps. Chinese wine (Chee Woo Fong) |
| 1/3 cup Lauriat soy sauce | 1 tbsp. sugar |
| 2 cups cooking oil | 1 tsp. monosodium glutamate |
| 1/4 cup bamboo shoots, slivered | 1 tsp. pepper |
| 1/3 cup Chinese mushroom, halved | 1 cup stock |
| 1/4 cup leeks | |
| 1 tbsps. cornstarch dissolved in 1/4 cup water | |

Clean thoroughly and make 1 or 2 diagonal slashes on each side of the fish for faster cooking.

Pour Lauriat soy sauce over the fish to marinate.

Heat cooking oil in a skillet for deep-fat frying and brown fish, then drain.

Meanwhile, saute the bamboo shoots, Chinese mushrooms and leeks, split down the middle and cut into 1-1/2 inch pieces.

Prepare the sauce by mixing together the soy sauce marinade, Chinese wine, sugar, monosodium glutamate, pepper and stock.

Pour over the sauteed bamboo shoots, mushrooms and leeks, and heat.

Add the browned fish and combine gently. Simmer for 15 minutes, or until done.

Thicken with the cornstarch solution.

Remove from fire and serve immediately.

Serves 4-6.



Notes:

In Chinese cooking, most of the ingredients are quickly sauteed until barely done. At this point, the dish is removed from the fire and served. The original flavors of the uncooked food are still present, and these are what Chinese cooks try to preserve. Sea food benefits particularly from this method of preparation. What you enjoy in sea food cooked the Chinese way is the light, fresh taste and the yielding, flaky texture of fish in general.

FISH FILLET IN SOY SAUCE

1/2 kilo fish fillet (labahita or tanguingue)
1/4 cup dayap or kalamansi juice

1 tsp. salt
1/2 tsp. pepper
1/4 cup Lauriat soy sauce
1 large onion, cut into rings
2 cups cooking oil

Marinate the fish fillets in dayap or kalamansi juice, salt and pepper for about 15 minutes.

Heat cooking oil in skillet until extremely hot and fry the fish fillets. Brown both sides and remove from skillet.

To the marinade, add Lauriat soy sauce. Bring the mixture to a boil. Add the onion rings.

Pour the sauce over the fish fillets and cook over moderate heat for a few minutes.

Serve hot for 6.

Notes:

This is a simple and delicious way to prepare fish. The sauce is savory and no trouble to make, since all the ingredients are simply poured over the fish fillets.

The best Chinese cooks use little more than soy sauce, salt, pepper and monosodium glutamate for seasoning, particularly with a delicately flavored fish. They use seasonings judiciously and rely instead on buying ingredients at the peak of their season, when their flavor is at its best, to supply the different qualities of each dish.



JEWELLED STUFFED SHRIMPS

- | | |
|---|---|
| 2 doz. medium-sized shrimps | 1 bunch spring onion, chopped fine |
| 5 tbsps. Lauriat soy sauce | 1 tsp. monosodium glutamate |
| 1 cup dried Chinese mushrooms, soaked | very light sprinkling of salt, pepper and sugar |
| 1 cup bamboo shoots, slivered | 1 cup flour |
| 10 pcs. medium-sized water chestnuts, peeled and chopped fine | 1 egg yolk |
| 1/2 kilo lean pork, chopped fine | soybean wrapping unto sensal |
| 1 medium-sized carrot, chopped fine | 2 cups cornstarch |
| | 3 egg whites |
| | 3 cups water |

Remove heads and shell, all but the tail section, of the shrimps. Make a deep slit along the back of each and remove the sand. Rinse and drain.

Sprinkle the shrimps with 3 tablespoons Lauriat soy sauce and lightly season with pepper. Lay aside.

Rinse and mix together the chopped Chinese mushrooms, bamboo shoots, water chestnuts, lean pork, carrot and spring onion.

Add and mix 2 tablespoons Lauriat soy sauce, monosodium glutamate, salt, pepper, sugar, flour and egg yolk.

Cut the soybean wrapping into 2-inch squares.

Stuff the shrimps with the mixed ingredients and wrap each in unto sensal lined with soybean wrapping to keep the unto sensal from breaking open.

Prepare batter with the cornstarch, egg whites and water.

Hold the shrimps by the tail, dip in the batter and drop them into hot, deep fat and fry until golden brown.

Serves 12.



Notes:

Light, puffy and golden brown on the outside, the stuffing shows flecks of green, gold, ivory and black when you bite into them. A very pretty dish with flavors to match.



FRIED SHRIMPS WITH HORSERADISH SAUCE

1/2 kilo large shrimps, shelled
except the tail section

1 egg

1/2 cup water

3/4 cup all-purpose flour

1 tsp. salt

1/2 cup broth

5 tbsps. Lauriat soy sauce

1 tbsp. rice wine

1 tbsp. powdered horseradish

Beat egg slightly. Add the water, flour and salt. Mix lightly for batter.

Dip each shrimp in the batter and fry immediately in moderately hot deep fat until golden brown.

Drain in paper lined colander.

To make the sauce, combine the broth, Lauriat soy sauce, rice wine and powdered horseradish. Bring to a boil and serve as dipping sauce.

Notes:

*Serve at once, or keep the shrimps hot in an oven (300°F). Do not cover them, or they will become soggy.
The crust must be very light and airy.*



SHRIMPS AND ABALONE WITH CHINESE GREENS

3 heads pechay
1/3 cup cooking oil
3 tsps. garlic, crushed
3-1/2 tbsps. Lauriat soy sauce
1 tbsp. monosodium glutamate
1 cup shelled, medium-sized
shrimps
4 pcs. dried, medium-sized

abalone, soaked and sliced
thin
1/2 cup dried Chinese mush-
rooms, soaked and halved
1/2 cup broth
1/2 tsp. pepper
1 tbsp. salad oil
1 tbsp. cornstarch dissolved in
3 tbsps. water

Separate the leaves of the pechay. Remove the tips and cut the leaves into 4 pieces each lengthwise, making sure that each portion has part of the stem. Wash and drain. Deep fat fry the pechay leaves quickly and drain once more.

Saute the leaves in the cooking oil and 2 teaspoons crush-
ed garlic. Add 2-1/2 tablespoons Lauriat soy sauce and mo-
nosodium glutamate. Remove from fire.

Arrange the leaves on steaming dish and steam for about
1/2 hour.

Meanwhile, fry the shrimps in hot fat till golden.

Saute the abalone and Chinese mushrooms, then drain.

Saute 1 teaspoon crushed garlic. Add drained shrimps,
abalone, mushrooms, broth, pepper, 1 tablespoon Lauriat soy
sauce, salad oil and cornstarch solution, in that order.

Cook for about 2 minutes and arrange on a platter on
top of the steamed pechay leaves.

Serve steaming hot for 8-12.



Notes:

A very pretty dish of many colors — gold of shrimps, dark green of pechay, brown of abalone and black of mushrooms, varied textures and a delicious combination of flavors. It may be best to use smaller shrimps as these have a finer texture than the larger ones. Dried abalone is strongly-flavored. In sauteing abalone, do not cook it too long or its texture will be rubbery. Neither meat nor vegetable, Chinese mushrooms have a distinctive taste and unusual texture.

In China, vegetables are almost never simply boiled in water. A little oil, very hot skillet and some seasoning are usually all that are required to make a vegetable tasty. The timing, the heat and the amount of oil used depend on the texture and the flavor of the vegetable. Pechay and other leafy vegetables are at their best when served half-tender and half-crisp. In the above recipe, saute the pechay leaves quickly and remove from the heat when the stalks are partly tender and the leaves a dark green.

STUFFED SQUIDS

1/2 kilo large squids

Stuffing:

1/4 cup ground pork
1/4 cup chopped Chinese ham
1/4 cup chopped onion
1/4 cup chopped water chestnuts
1/4 cup bread crumbs
1 egg
1 tsp. Lauriat soy sauce

1/4 tsp. pepper

Sauce:

1/4 cup cooking oil
6 cloves garlic, crushed
1/4 cup chopped onion
1/4 cup chopped tomatoes
1 tbsp. Lauriat soy sauce
2 tbsps. vinegar
1/4 tsp. pepper
1/2 cup water

Prepare the squids for stuffing by removing the jelly and tentacles. Wash the pieces and wipe dry with paper towel.

Beat egg and combine with the other ingredients for stuffing.

Stuff each squid and lay aside.

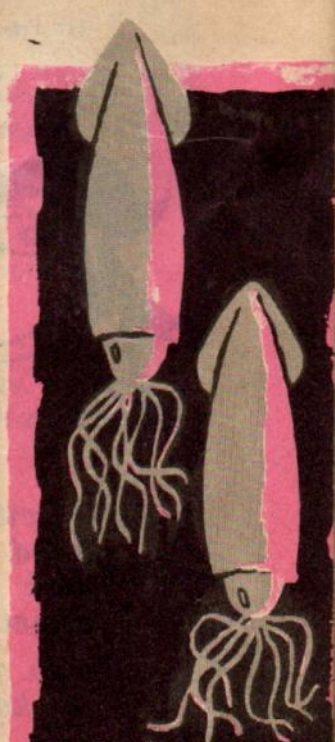
Prepare the sauce by sauting the garlic in hot cooking oil.

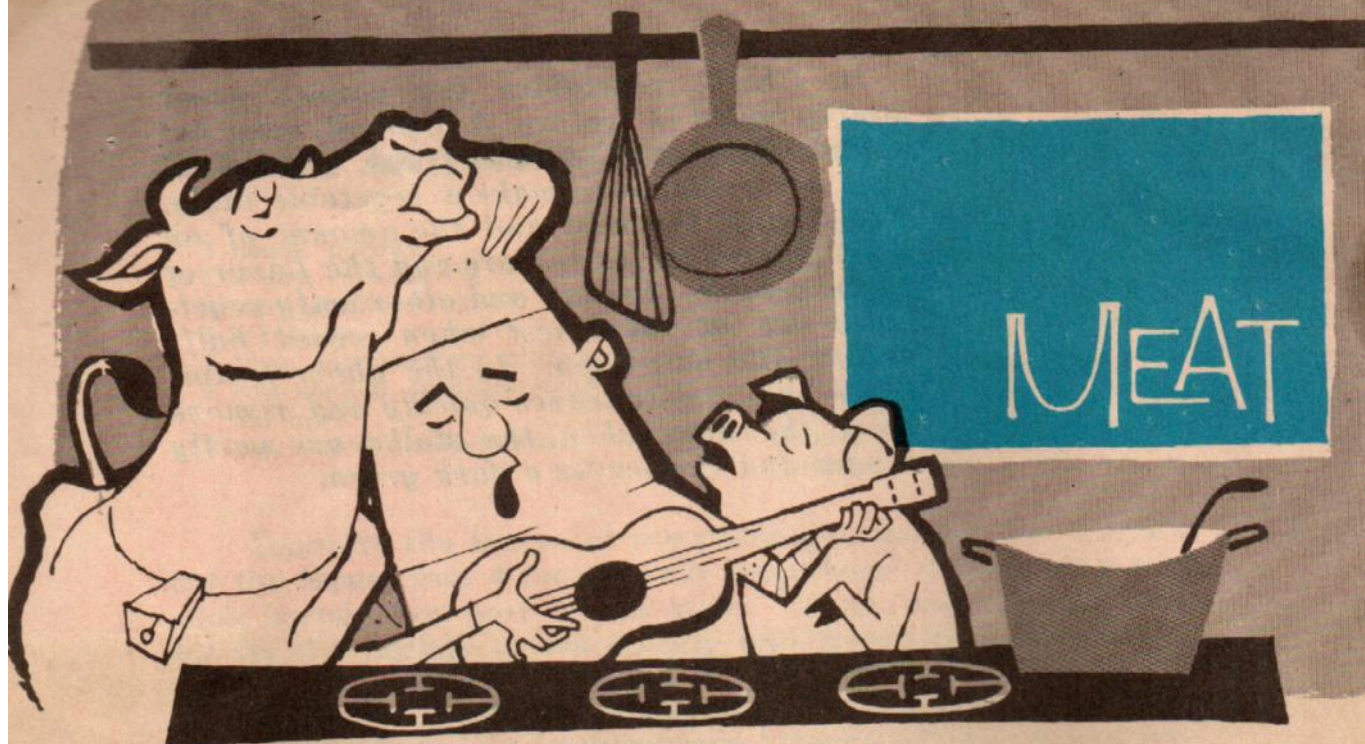
Add the onions, tomatoes, Lauriat soy sauce and the rest of the ingredients for the sauce. Bring to a boil.

When boiling, add the stuffed squids.

Cook at low temperature until squids are tender.

Serves 8.





ROAST SIDE PORK

1/2 kilo side pork (liempo)
1/4 cup dried Chinese mushrooms
8 pcs. medium-sized water chestnuts

1/4 cup dried shrimps (hibe)
1 head garlic, separated into cloves and peeled
2 cups Lauriat soy sauce
1 tsp. brown sugar

Trim the side pork to make a square piece.

Soak the Chinese mushrooms, water chestnuts, dried shrimps and garlic in cold water for 15 minutes or so. Rinse under running water and drain.

Add to the mixture Lauriat soy sauce and brown sugar.

Place the side pork in a double-boiler and smother with the mixture.

Steam for about 2 hours, or until the pork is tender enough to be cut easily with chopsticks or fork.

Serve hot or cold for 4.

Notes:

A recipe for beginners, this is almost fool-proof.

If a double-boiler is not available, add 1/2 cup water to the mixture and boil over a slow fire until tender.

Pork by itself is never interesting in either flavor or texture. The Chinese usually cook it with something else — mushrooms, water chestnuts and dried shrimps as in the above recipe — to combine its flavor with something light and bland, and vary its texture with something crisp and smooth.

You may serve this dish garnished with parboiled spinach or kangkong to cut the grease.



PORK BALLS WITH SOTANGHON

1/2 cup ground pork
2 tbsps. chopped onion
1 tbsp. flour
1/2 tsp. salt
1/4 tsp. pepper
1 egg
2 cloves garlic, crushed

2 tbsps. sliced onion
2 cups broth
1/2 cup sotanghon, soaked and cut
2 tbsps. Lauriat soy sauce
1/4 cup green onion, chopped fine

Beat the egg slightly and combine with the first five ingredients.

Shape the mixture into balls about 1 inch in diameter.

Saute the garlic in a little fat until light brown.

Add the onion and cook until tender.

Add the broth and bring to a boil.

Drop the meatballs one by one into the boiling broth.

Cook until meat is done.

Add the sotanghon and continue cooking until the noodles are barely done.

Add Lauriat soy sauce.

Just before serving, sprinkle the green onion on top.
Serves 6.



Notes:

Pork balls are much lighter when the meat is chopped by hand, as Chinese chefs do, because chopping separates the fibers while the grinder mashes them together. When shaping the balls, do not pack the meat too tightly. Nothing is more unpalatable than meat balls that are tough and hard.

Made from small green peas, sotanghon is very light and do not have the starchy taste of vermicelli and other noodles made from flour. Soaked in cold water, sotanghon will be soft enough for cooking in 1/2 hour.

SWEET AND SOUR PORK

1/2 kilo pork loin, cut into bite-size pieces

Batter:

1 tbsp. cornstarch

1/2 tsp. salt

1/4 tsp. pepper

1 egg

Sauce:

3 tbsps. Lauriat soy sauce

3 tbsps. sugar

3 tbsps. vinegar

1/2 cup water

2 green peppers, slivered

1/4 cup green onion, cut into 1-inch pieces

Beat egg thoroughly.

Add the cornstarch, salt and pepper and continue beating until thick.

Drop each piece of pork in the egg mixture.

Fry in deep hot fat until done.

Prepare the sauce by combining first the soy sauce, sugar, vinegar and water.

When the sauce is smooth and bubbling, add the green onion and green pepper.

Add the pork pieces.

Stir gently, and heat until the starchy taste disappears.

Serve with the sauce bubbling hot for 6.

BEEF CUBES IN TOMATO SAUCE

1/2 kilo lean beef, cubed

1 tbsp. garlic, crushed

2 tbsps. cooking oil

1 8-oz. can tomato sauce

2 tbsps. Lauriat soy sauce

1/4 tsp. pepper

1 tsp. brown sugar

1/2 cup water

2 small onions, quartered

Saute garlic in hot oil.

Sear the beef cubes

Add the rest of the ingredients, except the onions.

Cover and simmer until beef is tender, adding more water if needed.

Add the onions and cook these until half-done.

Serves 6.

BEEF WITH CELERY, TOMATOES, PEPPERS AND ONION

1/2 kilo lean beef
3 tbsps. flour or cornstarch
pinch of pepper
1 clove garlic, crushed
1/4 cup chopped onion
1/4 cup chopped celery

1/4 cup tomatoes cut into
wedges
1/4 cup sliced green pepper
3 tbsps. cooking oil
1/2 tsp. salt
1/2 tsp. monosodium glutamate

Trim the beef and slice very thin across the fibers.

Dredge the meat with the flour or cornstarch and pinch of pepper.

Saute the beef in the cooking oil in highest heat.

While sauteing, sprinkle with Lauriat soy sauce.

When the beef is half done (about 3 minutes), remove it from the skillet and lay aside.

Leave the liquid in the pan and add the onion, celery, peppers and tomatoes in the order given.

Add the salt and monosodium glutamate to the vegetables.

Saute over high heat, mixing gently but thoroughly. Cook until the peppers are bright green; the celery and peppers should be crisp.

Add the beef, mix gently until done (about 2 minutes).

Notes:

Vary the ingredients according to the materials on hand. The 2 cups of onion, celery, tomatoes and peppers may be mixed in any proportion to suit your taste. This is an everyday dish that can be excellent if your technique in sauteing is right.

Most of the Chinese recipes for meat call for a relatively small amount, and usually the meat is cut into slices or slivers. It is cut across the fibers, the knife held perpendicular and diagonal to the grain. These small pieces permit faster cooking, and remember that the thinner the beef or pork is cut, the more tasty and tender it will be.



PIG'S KNUCKLES (PATA) PAKSIW WITH BANANA FLOWERS

- | | |
|--------------------------------------|--|
| 2 upper joints of pig's leg | 1 bay leaf |
| 4 pig's knuckles | 1 tsp. salt |
| 3 cloves unpeeled garlic,
crushed | 1/2 tsp. whole black pepper |
| 1 cup white vinegar | 3 tbsps. brown sugar |
| 1/2 cup Lauriat soy sauce | 1/4 cup dried banana flowers,
soaked and softened |
| | 2 cups water |

Combine all ingredients in a saucepan.

Cover and let simmer until the joints and knuckles are tender and almost fall apart.

Stir occasionally to prevent scorching.

Before serving, skim off the excess fat.

Serves 8.

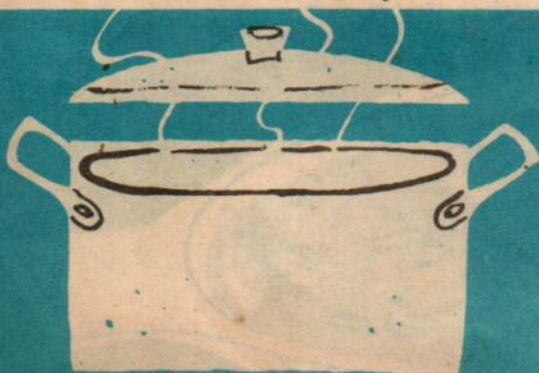


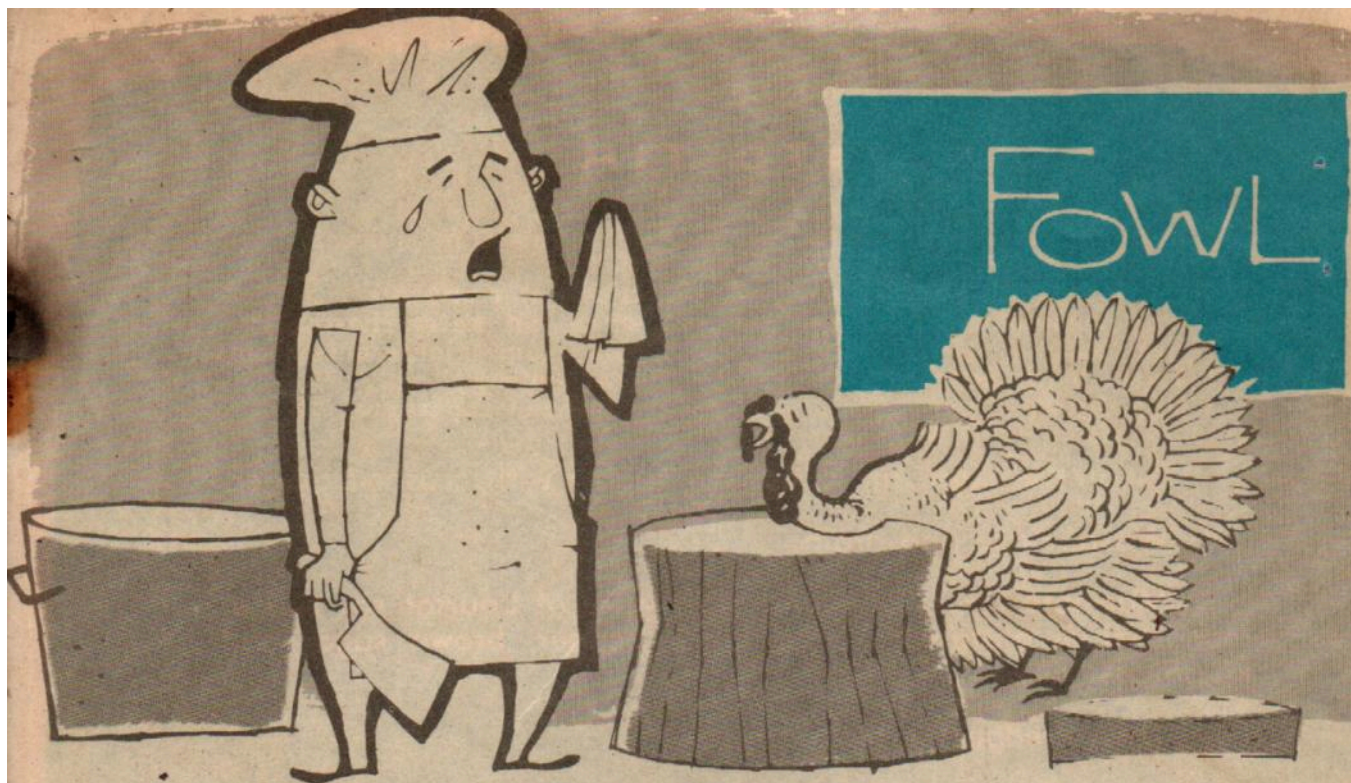
Notes:

A hearty, savory dish.

Many like it because of the soft, interesting texture of the knuckles and banana flowers.

Serve on a bed of green, parboiled spinach or kangkong to cut grease and improve the taste and appearance.





CHICKEN STEW WITH ROASTED KASUY NUTS

1-1/2 cups diced chicken
 2 cups cooking oil
 1 cup kasuy nuts, roasted
 1/4 cup Chinese wine
 1/4 cup Lauriat soy sauce

1 tsp. monosodium glutamate
 2 tsps. brown sugar
 1 tbsp. cornstarch dissolved in
 3 tbsps. water

- Fry the diced chicken in cooking oil.
- Drain chicken and oil on the kasuy nuts in colander.
- Simmer in a skillet mixture of the Chinese wine, Lauriat soy sauce, monosodium glutamate, sugar and cornstarch solution.

Add chicken and kasuy nuts.

Continue cooking, stirring constantly, until chicken is tender.

Serves 2-4.



Notes:

A rich, tasty dish that's almost on trouble to prepare. The recipe is simple enough for beginners to try.

PATO TIM

- | | |
|------------------------------|-------------------------------|
| 1 medium-sized duck | 3 tsps. kalamansi juice |
| crushed ginger | flour |
| 2 tbsps. Lauriat soy sauce | 2 cups water or stock |
| 2 tsps. monosodium glutamate | 1 small can water chestnuts |
| 1 tbsp. salt | 1 small can Chinese mushrooms |
| 1/2 tsp. black pepper | 1 head onion, sliced |
| 1 tbsp. brown sugar | 1 small can asparagus |

Clean the duck and scrub thoroughly with crushed ginger.

Wash, rinse and drain.

Marinate for 1/2 hour in a mixture of Lauriat soy sauce, monosodium glutamate, salt, black pepper, brown sugar and kalamansi juice.

Then dredge the bird in flour.

Heat cooking oil in skillet and fry the duck until golden brown.

Transfer to pressure cooker, and add water or stock.

Cook for 40 to 45 minutes at 15 lbs. gauge.

Meanwhile, saute in a little oil and cook till tender but do not brown the water chestnuts, Chinese mushrooms and onion.

Pour over duck.

Transfer to a platter and garnish with asparagus.

Serves 6-8.

Notes:

This recipe took first honors in the Manila Gas Corporation's chinese cooking contest.

Since asparagus is slightly acidic and duck tends to be rich and somewhat greasy, the two make an excellent combination. If you do not have a pressure cooker, you may steam this. Steaming takes longer but produces better result since it cooks the duck more evenly and slowly.

If you prefer a leaner bird, you can extract the fat from the duck. To remove the excess fat, first sear the duck. Heat a large skillet or put the bird in the oven at 400°F. In a skillet, keep the duck covered but turn it every 2 or 3 minutes to brown evenly. Remove the melted fat as it comes off. When the duck is golden, remove and drain on paper towel.



VEGETABLES

SPRINGTIME BAMBOO SHOOTS WITH PORK

1 cup pork slivers
1-1/2 cups bamboo shoots,
slivered
1/3 cup Chinese wine
1/4 cup Lauriat soy sauce
1 tsp. sugar

1 tsp. monosodium glutamate
2 tbsps. broth
1/2 cup sliced green pepper
1 tbsp. cornstarch dissolved in
3 tbsps. water

Saute the pork slivers in oil in hot skillet, stirring constantly, then drain.

Saute in a little oil the bamboo shoots, Chinese wine, Lauriat soy sauce, sugar, monosodium glutamate and broth.

Add the sliced green pepper and continue cooking.

Add the sauteed pork.

Thicken slightly with the cornstarch solution and mix gently.

Cook covered or uncovered for about 10 more minutes, until the flavors have had a chance to blend.

Serves 2-4.

Notes:

Golden brown slivers of pork, green pepper and ivory-colored bamboo shoots make this dish a joy to look at and to eat.



The only vegetable that has neither leaf nor stalk, bamboo shoot is unique. It is extremely fine as a food — delicate in flavor, excellent in texture and pleasant in color. The Chinese like bamboo shoots because of the very slight acid taste they give to meat. Bamboo shoots also have a unique flavor of their own that is brought out by sauteing them with pork as in the above recipe.

Green pepper tends to become bitter when overcooked. Serve it while it's still bright green and while it still retains the texture of the raw vegetable.

FRIED BEAN CURD

10 cakes bean curd (tokwa),
cubed

1/4 kilo fresh shrimps, cleaned
and halved

1 cup kinchay, cut into 1-inch
pieces

1 cup spring onion, cut into
1-inch pieces

1/4 cup shrimp stock

2 tbsps. Lauriat soy sauce
pepper to taste

Fry the tokwa in deep fat a few cubes at a time, until golden brown. Drain on paper towels.

Saute the shrimps in a little cooking oil.

Add the kinchay, spring onion and shrimp stock, and continue sauteing.

Add Lauriat soy sauce and pepper to taste.

Add the fried tokwa.

Serve hot for 6.



Notes:

Bean curd (tokwa) will keep for about a week when stored in the refrigerator. It may be cooked as a vegetable, as a meat, or with sea food, and it can also be used in place of noodles in consomme. It is certainly a most versatile ingredient. You may boil it, fry it, saute it, or marinate it. It blends well with other ingredients, as its softness and blandness give body to soups and complements the more tasty and richer seasonings.

In the foregoing recipe, the texture of the bean curd is altered by frying, the inside becoming juicy while the outside becomes crusty. A simple but nonetheless interesting dish.

FRESH LUMPIA WITH PEANUTS

- | | |
|---|--|
| 1/4 kilo pork, slivered | thinly |
| 3 tbsps. fat | 2 medium-sized sweet potatoes, diced |
| 1 clove garlic, crushed | 2 cups cabbage, shredded |
| 1 medium-sized onion, sliced | 2 tbsps. Lauriat soy sauce |
| 2 cakes bean curd (tokwa), diced | 1 small bunch kinchay, chopped coarsely |
| 1/2 cup fresh, shelled shrimps, chopped | 1 cup peanuts, roasted and chopped |
| 1 cup shrimp juice | 20 lumpia wrappers and 20 lettuce leaves |
| 1 cup habichuelas, sliced thinly | |
| 2 medium-sized carrots, sliced | |

Render off fat from the pork in hot fat.

Add garlic, onion and tokwa, and saute until light brown.

Add the shrimps and cook until pink.

Add the shrimp juice and let simmer for a while.

Add the habichuelas, carrots, sweet potatoes and cabbage in the order given.

Season with Lauriat soy sauce and cook until just barely done.

Drain and set aside to cool.

When cool, add the kinchay.

Place about 2 tbsps. of the mixture in a lettuce-lined lumpia wrapper.

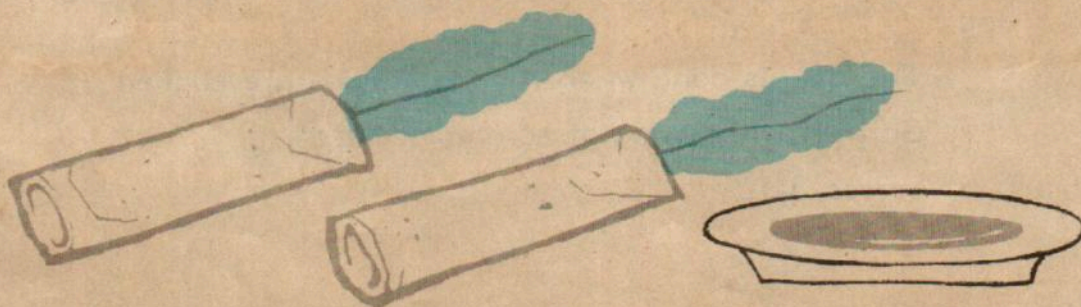
Sprinkle with chopped or coarsely ground roasted peanuts.

Wrap and seal with lumpia sauce prepared according to your own recipe.

Serves 10.

Notes:

In lumpia as in other dishes, the first rule to follow in cooking vegetables is never to overcook them. Chinese chefs choose vegetables for their crispness, their color and taste. Be careful to preserve all these qualities. To keep their crispness after parboiling, drench the vegetables under the cold water tap. Otherwise, the process of heating goes on and the vegetables become soft and mushy.



RICE

NOODLES

and PIES

FRIED RICE

4 cups cold cooked rice
4 tbsps. cooking oil
1 bunch spring onions, chopped
1/4 kilo fresh pork, slivered
2 tbsps. Lauriat soy sauce
2 pcs. Chinese sausage, sliced

1/2 cup red and green peppers,
chopped
1 cup boiled chicken meat, diced
1 cup cooked Chinese ham, diced
2 eggs, scrambled and fried
very crisp, cut into strips

Saute the spring onions in the cooking oil.

Add the pork and saute it, browning the slivers to extract their flavor.

Season with Lauriat soy sauce.

Add the Chinese sausage and red and green peppers.

Cover and cook over moderate heat for about 5 minutes, until the vegetables are almost done. Add 2 or 3 tablespoons water if necessary.

Add the chicken meat, Chinese ham and rice, mixing gently with a "folding in" motion.

Reduce the heat to low, cover the skillet and continue cooking, stirring the mixture from time to time to prevent scorching.

The dish is done when the vegetables are cooked.

Garnish with strips of scrambled eggs.

Serves 8-10.

Notes:

To make fried rice successfully, use cooked rice which has been cooled in the refrigerator or left overnight. This rice will not become sticky when fried and will give you the grainy quality that Chinese cooks strive for.

If you use freshly cooked rice, cook the rice for only about 10 minutes after it has been brought to boiling. Follow the preceding recipe for combining the ingredients and heat the mixture over a slow fire until the rice is cooked and the vegetables are tender. The idea is to finish cooking the rice in the juices of the meats and vegetables. This method makes the dish very tasty.

You may also make fried rice using leftovers. Dice 1 or 2 cups of the following cooked ingredients — sausages, meat, poultry, crabmeat, bacon, ham, shrimps and vegetables. Be sure to drain any cooked vegetables before adding them to the other ingredients. You may add any leftover juice or gravy after all the ingredients have been combined. This is an excellent way of using leftovers.

ANNIVERSARY RICE NOODLES (BIJON)

- | | |
|---|---|
| 1/2 kilo rice noodles (bijon) | 1 stalk Chinese celery, cut into 1/2-inch pcs. |
| 1 cup boiled white chicken meat, slivered | 2 stalks spring onion, cut into 1/2-inch pcs. |
| 1 cup lean pork, sliced | 4 tbsps. cooking oil |
| 1 cup parboiled shrimps, diced | 4 cloves garlic, crushed |
| 1 cup Chinese ham, slivered | 2 tbsps. Lauriat soy sauce |
| 2 pcs. Chinese sausage, sliced diagonally | 2 tsps. salt |
| 1 small patola, sliced crosswise | 2 tsps. monosodium glutamate |
| 1 cup cabbage, shredded | 1 tsp. pepper |
| 1 head onion, sliced | 2 scrambled eggs, crisply fried and cut in strips |

Parboil the bijon, rinse in cold water and drain thoroughly.

Prepare the next ten ingredients, washing all vegetables thoroughly.

When these ingredients are ready, heat the cooking oil in saucepan.

Saute and brown the crushed garlic.

Add the pork and lightly brown.

Season with Lauriat soy sauce.

Turn the heat to high and add the shrimps.

When the shrimps turn pink, add salt and monosodium glutamate.

Add the chicken meat, ham, sausage and onion.

Cook for 3 minutes and set a little aside for garnishing.

Mix the patola, cabbage, celery and spring onion.

Season with pepper.

Add the chicken stock and bring the mixture to a boil.

Add the parboiled noodles, chicken meat, pork, shrimps, ham, sausage and onion, mixing lightly over a fairly slow fire and heating the dish through.

Garnish with chicken meat, ham, sausage, onion and scrambled eggs in strips.

Serves 6.

Notes:

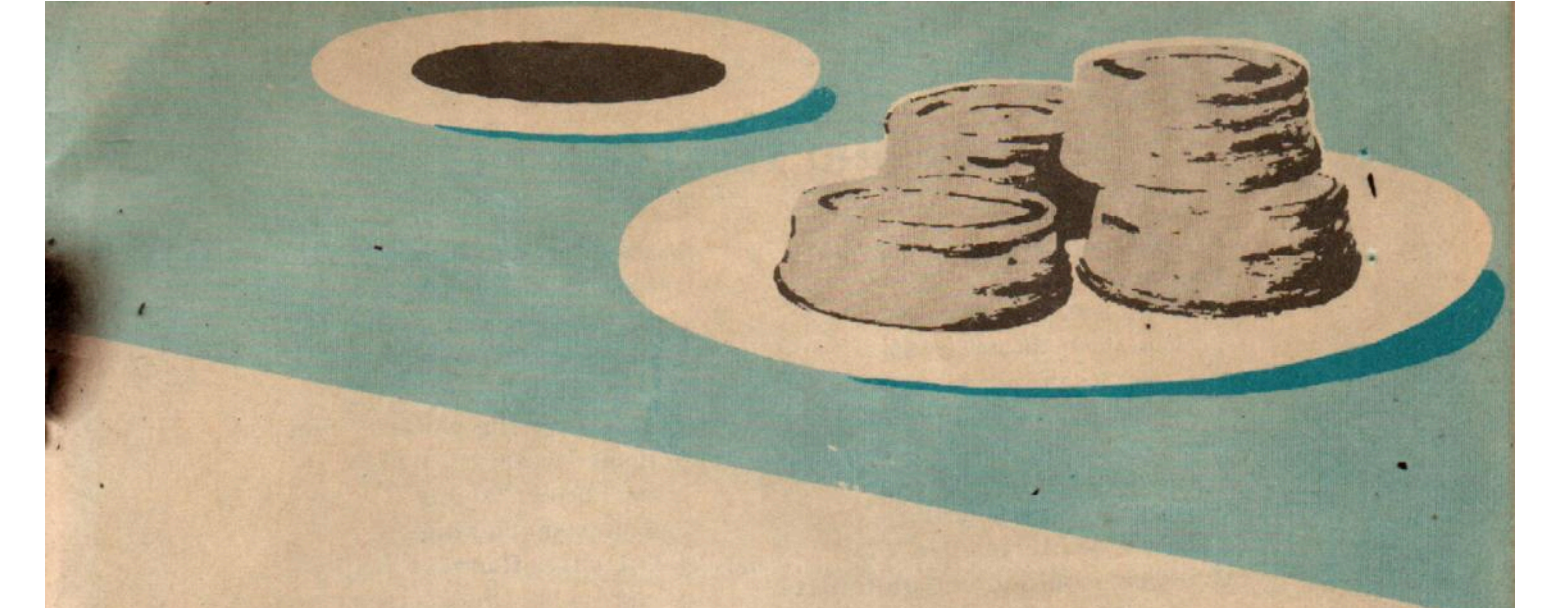
A dish familiar to all and a favorite among Filipinos. Prepared according to this recipe the juices of the chicken meat, shrimps and Chinese sausage are absorbed by the noodles. Chinese ham and lean pork add their own flavors. The vegetables blend perfectly with the other ingredients.

Familiar or not, this dish need not be common place and uninteresting.

Like transparent noodles (sotanghon), rice noodles are light and do not have the starchy taste of wheat noodles. They must be drained completely so that the strands will not stick to each other.

Rice noodles are invariably served at Chinese parties celebrating family anniversaries — wedding, birthday and other occasions — in the hope of and a wish for long life for the celebrants.





SHRIMP AND PORK PIE

6 cups flour
1/2 cup water
1 cup pork fat
1/5 kilo fresh medium-sized
shrimps
1/2 kilo lean pork

1 bunch ku chay-ah
1 cup dried Chinese mushrooms,
soaked and softened
Lauriat soy sauce
1 tsp. garlic, minced
2 cups pork fat

Knead into dough a mixture of 4 cups flour and the water. Flatten out.

Again knead into dough a mixture of 2 cups flour and 1 cup pork fat. Flatten out.

Lay the flattened pieces of dough one on top of the other, fold four times and flatten out into one piece.

Roll the dough about 2 inches in diameter, cut into 1-1/2 pieces and lay aside.

Chop fine the shrimps, lean pork, ku chay-ah and Chinese mushrooms.

Mix thoroughly and sprinkle with Lauriat soy sauce.

Saute the mixture in pork fat and minced garlic.

Stuff a heaping tablespoonful of the sauteed ingredients into each piece of rolled dough.

Fold the edges and shape into small pies.

Fry in deep pork fat until the crust is crisp and flaky. Serve hot with Lauriat soy sauce as dipping sauce.

Notes:

This recipe is not for the inexpert. It's troublesome to prepare, but fun to eat.



PORK AND VEGETABLE PIE

1/2-kilo pork spareribs, cubed
Marinade:

1 tbsp. Lauriat soy sauce
1 tbsp. fish sauce (patis)
2 tbsps. cornstarch solution
1/4 cup carrots, slivered
1/2 cup dried Chinese mushrooms, soaked and halved
2 stalks celery, sliced
1/4 tsp. white pepper
2 tbsps. monosodium glutamate

1 tbsp. brown sugar
1 tbsp. Lauriat soy sauce
2 tbsps. fish sauce (patis)
2 tbsps. cornstarch solution
1 cup broth
1/4 cup spring onions, chopped
3 tbsps. water
1 tsp. brown sugar
3/4 cup shortening
1-1/4 cups flour
1 egg yolk (duck's egg)

Marinate the pork in Lauriat soy sauce, fish sauce and cornstarch solution.

Blanch the carrots, Chinese mushrooms and celery. Drain in a colander.

Deep fat fry the pork cubes in a hot skillet, stirring constantly.

Drain on vegetables in colander.

Return pork cubes and vegetables to skillet.

Saute and season with white pepper, monosodium glutamate, sugar, Lauriat soy sauce, fish sauce and cornstarch solution.

Add the broth.

Garnish with spring onions.

Transfer to platter and lay aside.

Make dough for the crust. Mix the water and 1 tsp. sugar in a bowl and stir until the sugar is dissolved.

Add the shortening and flour.

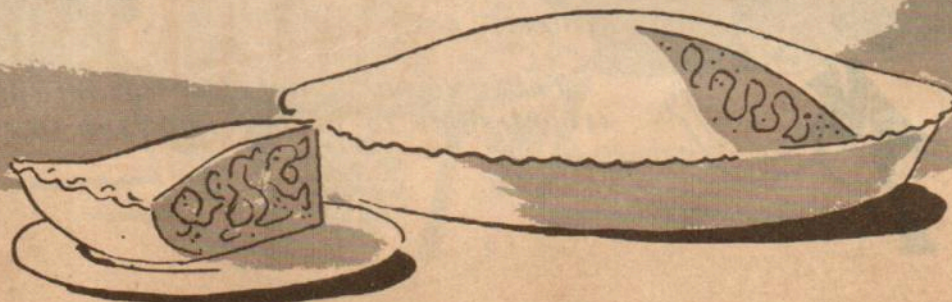
Knead with fingers until smooth. Sprinkle flour on board and roll dough into a round piece. Fold and cut 5 slits in middle of dough.

Cover the pie fillings on the platter and crimp the edges with fingers.

Place duck's egg yolk on top and brush over evenly.

Bake in 350° F oven for 15 minutes.

Serves 8-12.



SIO MAI

1 cup fresh shrimps, ground
1-1/4 cup fresh pork, ground
1 cup water chestnuts, chopped
1 onion, chopped
1/4 cup spring onions, chopped

2 whole eggs, slightly beaten
2 tps. Lauriat soy sauce
1/2 tsp. white pepper
3 doz. sio mai wrappers
salad oil

Combine all the ingredients in a mixing bowl.

Wrap about 2 tbsps. of the mixture in a sio mai wrapper.

Shape each in a bonnet-shaped pouch. (This recipe will make about 3 dozen pieces.)

Brush each with salad oil.

Arrange in a steamer and steam for about 30 minutes.

Serve with Lauriat soy sauce and kalamansi juice.



Notes:

If you don't have a large double-boiler, place the sio mai on a platter which will fit into a large pan for steaming. Partly fill pan with water and place wax paper between the platter and pan to prevent the pan from knocking around. Use 6-inch strips of wax paper, fold in half lengthwise and in half again. Cover the pan and keep the water boiling.



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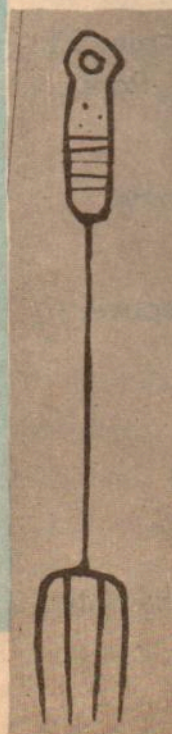
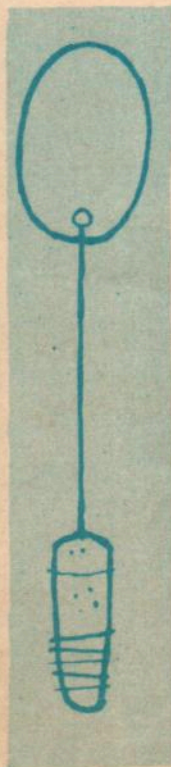
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CHINESE COOKERY QUIZ

*A knowledgeable aficionada in
Chinese cooking can complete
10 out of 15 of these
statements*

Chinese cookery is held in high esteem for its subtlety and virtuosity in combining and See Foreword.

The best Chinese cooks use little more than and for seasoning. See page 6.

To achieve and avoid is proof of one's skill as a cook. See Foreword.

Among the Chinese, to serve soup is a mark of great hospitality. See page 3.

To keep their crispness after parboiling, vegetables under the cold water tap. See page 20.

In Chinese cooking, most of the ingredients are quickly until barely done, so that the of the uncooked food are still present, and these Chinese cooks try to preserve. See page 6.

..... benefits particularly from Chinese methods of cooking. See page 6.

Neither meat nor vegetable, dried.....

have a distinctive taste and unusual texture. See page 9.

Extremely fine as a food — delicate in flavor, excellent in texture and pleasant in color —.....

is the only vegetable that has neither leaf nor stalk. See page

19. may be cooked as a vegetable,

as a meat, with sea food or in place of vermicelli in consomme

—certainly a most versatile ingredient. See page 19.

To cut the grease from rich meat dishes, you may serve them with parboiled or..... See page 11.

Made from small green peas, is very light and do not have the starchy taste of vermicelli and other noodles made from wheat flour. See page 12.

Most of the Chinese recipes for..... call for a relatively small amount, and usually this is cut into thin slices or slivers. See page 14.

..... is invariably served at Chinese parties celebrating family anniversaries — wedding, birthday and such occasions — in the hope of and a wish for long life for the celebrants. See page 22.

NOTES

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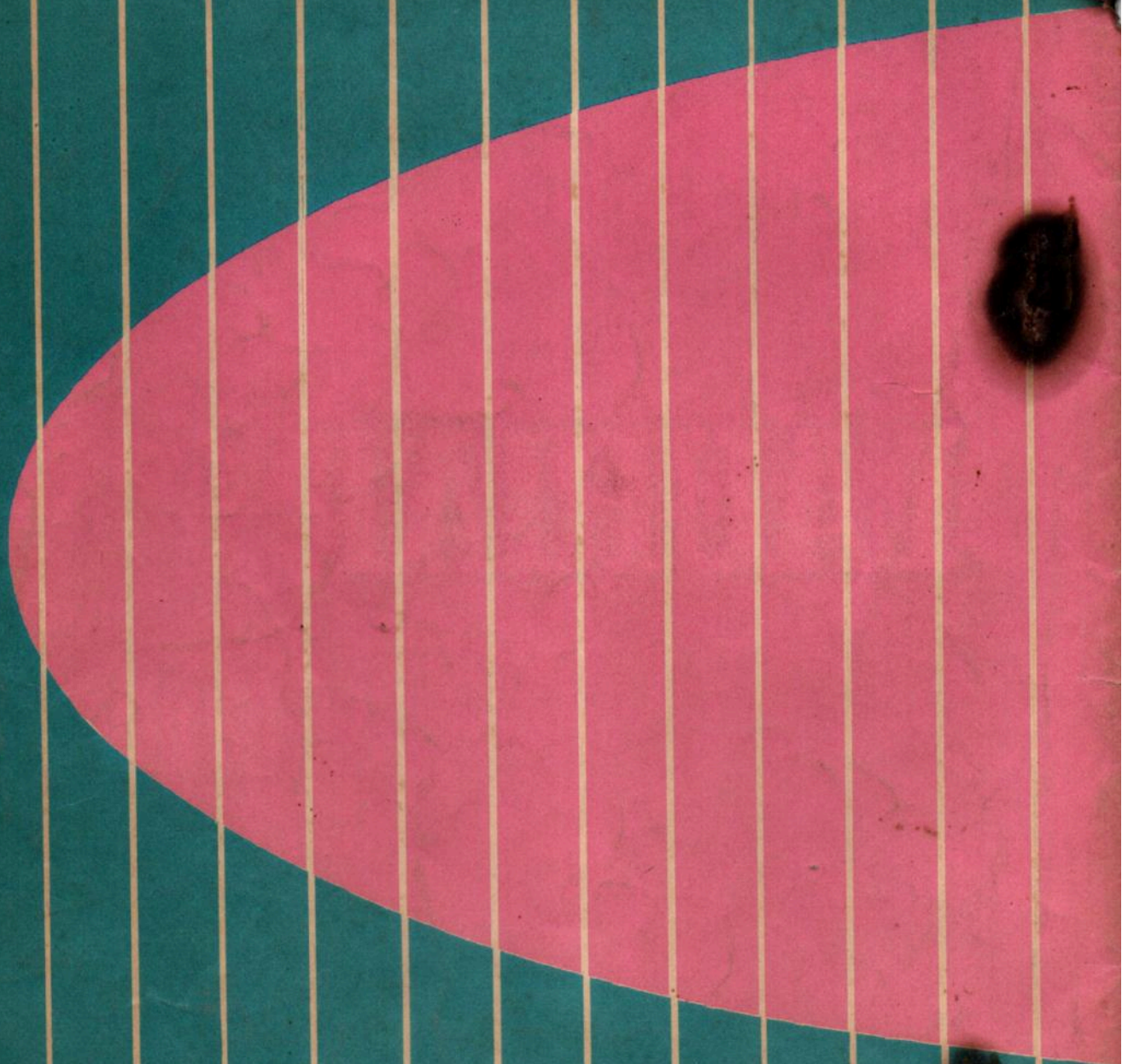
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